



Simple | Healthy | Delicious

## Quinoa, Buckwheat and Millet Pilaf

### INGREDIENTS

1 cup Nature's Earthly Choice Super Grain Blend, rinsed
$\frac{3}{4}$ cup frozen peas or use your choice of vegetables (beans, carrots, cauliflower)
2 to 2 $\frac{1}{2}$ cups water or as needed, or use vegetable stock
$\frac{1}{2}$ teaspoon cumin seeds
2 two inch long cinnamon sticks
3 tablespoons oil



### DIRECTIONS:

1. Heat oil in a pan on medium heat.
2. Add cumin seeds and cinnamon. When the cumin seeds turn brown, add the Super Grain Blend. Saute for a couple of minutes and add the frozen peas or vegetables.
3. Sauté for 30 seconds, add water and cook until the grains are finished, stirring occasionally so that the bottom does not burn.
4. Remove the cinnamon sticks before serving.